

Snack Sticks with U.S. Monterey Jack

Savory and satisfying, these simple to make snacks are perfect anytime!



INGREDIENTS

(Makes 24 sticks)

Olive Oil	60ml
Fresh Rosemary, minced	4g
Fresh Ground Pepper	2g
Dry Cured Salami, pork or beef, sliced	24
Pepperoncini Peppers*	24
Green or Black Olives	24
U.S. Monterey Jack Cheese	540g

*Note: try pickled artichoke quarters in place of the peppers if less spicy sticks are preferred.

NUTRITIONAL CONTENT

U.S. Label

Nutrition Facts

Serving Size (100g)		Servings Per Container	
Amount Per Serving			
Calories 270	Calories from Fat 200		
% Daily Value*			
Total Fat 22g			34%
Saturated Fat 10g			50%
Trans Fat 0g			
Cholesterol 50mg			17%
Sodium 950mg			40%
Total Carbohydrate 4g			1%
Dietary Fiber 1g			4%
Sugars 1g			
Protein 13g			
Vitamin A 10% • Vitamin C 0%			
Calcium 30% • Iron 4%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

Per 100g

Calories	270kcal
Total Fat	22g
Saturated Fat	10g
Trans Fat	0g
Cholesterol	50mg
Total Carbohydrates	4g
Dietary Fiber	1g
Sugars	1g
Protein	13g
Calcium	300mg
Magnesium	14mg
Phosphorus	198mg
Potassium	148mg
Sodium	955mg
Iron	1mg
Vitamin A	567IU
Vitamin C	0mg

PREPARATION

1. Mix together olive oil, rosemary and pepper. Set aside.
2. Cube monterey jack cheese into 24 pieces.
3. Assemble the sticks with each ingredient.
4. Drizzle the olive oil mixture over and serve.

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. ©2015 U.S. Dairy Export Council.